

# Run Faster Guide

Pre-season speed training  
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**excelsior**

ENHANCING SPORTS PERFORMANCE

## Run Faster Guide

**Welcome to our Run Faster Guide. This is a brief introduction in how to get your players running faster in pre-season.**

As a coach, you are probably spinning lots of plates. Use these 6 sessions either as a speed training block over 3 weeks, or incorporate into your existing schedule and have one a week.

Because your players will be running fast, their muscles will be working maximally.

Do not scrimp on the rest, or think that “more is better”.

Be careful that you do this early on in the week when the players are fresh.

Avoid doing “conditioning games” after these sessions: your players will be neutrally fatigued; getting them metabolically fatigued too will lead to **poor performance, breakdown** and possibly **injury**.

**I have found that every player can run faster: if they are given good coaching and the opportunity to practice.**

**“James...has played a key role in my transformation as an athlete and therefore as a footballer... has led to a vast improvement in my running speed and technique”**

**Robin Williams GB Blind Football Team, Paralympian.**

Getting the technique right and learning to run fast will pay massive dividends later on in the season.

Don't forget to reinforce, rehearse and revisit these sessions later on in the season.

**You need to be fast as playoffs approach.**

The full guide with video clips and resistance training programme can be found in my [Run Faster ebook](#)



## 6 Key points for good running technique

**Running technique requires constant refinement, here are some key points.**

1. Brief surface contact: Run in the air, not on the ground. When landing, think of a short sharp tick.
2. Small range for leg movement: A smaller range will conserve energy. A more efficient action is when the rear leg doesn't move too far backward and the front leg isn't lifted too high.
3. Holding the trunk upright: Keep the hips directly under the shoulders with the back held stretched. This helps the abdominal muscles work and stops over rotation of the shoulders.
4. Keeping the foot in as neutral a position as possible: A 90 degree angle at the ankle joint is optimal. Get this as soon after push off as possible and maintain until you land at the front.
5. Optimal arm action: A greater backward swing than forward swing is optimal. The elbow should drive back to the rear and upwards in time with the scissor leg action
6. Optimal vertical displacement: It sounds strange, but a higher vertical displacement (without long ground contact time) leads to longer flight time and faster running.

All the exercises and drills you see on the videos in the **Sports Training System** should help achieve 1 or more of the above points.

Every runner is different, but bear these points in mind.

**(Based on the work by Frans Bosch)**

## Running Sessions 1+2

Warm up before these sessions with some skill/ co –ordination drills and your “bullet proof” exercises.

session1	Run Tekkers: minimise ground contact time		session2	Run Tekkers: small range of leg movement
	Run in the air not on the ground.			Limit height of front knee, less push off back leg
Ankling to skipping			Heel to bum, standing, then skipping	Don't bring knee too far forward or it ruins support leg balance.
Single leg basic tick floor: swing foot ticks lightly on the ground, 2 hops on support leg, thigh gets gradually higher.	Rapid swing		Run 40m x2	
Run 40m x2			Skipping heel high, then heel low- 5m heel high, 5m heel low.	keep swing leg foot tense with minimum ground contact time.
Toe stretch jump- bounce forward 10m x2	heel don't touch floor		Run 40m x2	
Run 40m x2			Single leg reactivity using resistance- against partner,	maintain form against partner
Skip on varied ground 10m x4			Run 40m x2	
Run 40m x2	Brief ground contact.		<b>75 m fast with 2 curves.</b>	swerve left and right once over 5m channel.
<b>60m fast, with walk back recovery 4 reps.</b>			2 reps, with walk back recovery	5 mins skill work, then repeat the set once more.

**The running session is in bold at the bottom. Remember, just doing running without coaching will make your players more tired: not faster.**

Sessions 1 and 2 are emphasising the need to maintain technique and concentration over a short distance. Curves add load to the hamstrings so they are getting trained more.

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## Running Sessions 3+4

The aim is to add more distance in each rep, trying to maintain that quality for longer.

session3	Run Tekkers: upright trunk		session4	Run Tekkers: neutral foot
Skipping diagonally forward- about 5-10 metres facing to left, then switch. .	Keep ankles stiff and torso upright. Abs have to work to control		Skipping backwards-	foot tends to sag down, so emphasise the toes coming up into neutral.
Run 40m x2			Run 40m x2	
Skipping forward with leg to side and front- single contact lift knee to front, then to side on next contact.	Rapidly with no upper body twist.		Toe stretch jumps – forwards, continuous	heels don't touch ground, vertical.
Run 40m x2			Run 40m x2	
Skipping holding trunk upright- start with trunk bent forward and high frequency, then gradually come more upright.	trying to keep frequency (but taxes abs)		Skipping heel high, then heel low- 5m heel high, 5m heel low..	Don't bring knee too far forward or it ruins support leg balance
Run 40m x2			Run 40m x2	
<b>100m @90% 60 secs rest x3.</b>			<b>100m with 4 curves, 60 secs rest 2 reps</b>	2 mins rest, 4 sets. Curve is left and right twice over 5 m
	5 mins recovery 3 sets total			

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## Running Sessions 5 + 6

Here we are reducing the recovery time. If the quality breaks down, either reduce the distance run, or increase the recovery time slightly.

Don't be tempted to run the technique out of the players.

session 5	Run Tekkers: optimal arm action		session 6	Run Tekkers: vertical displacement
Standing with partner, touch elbows high and back	Elbow comes high and back.		Running with jump every 3 <sup>rd</sup> stride	-- concentrate on landing leg, keep straight and stop sagging then spring rapidly up after push off
Run 40m x2			Run 40m x2	
Skipping while rotating trunk-	get skipping rhythm, hands on head, then slowly rotate upper body from left to right, keeping trunk forward.		Jerk and jump forward –	use arms powerfully keeping legs as straight as possible
Run 40m x2			Run 40m x2	
Run 40m x 2 hands above head holding sticks	Avoid trunk rotation		Squat jump with pre tension on 1/8 squat –	minimise arm movement
Run 40m x2			Run 40m x2	
<b>100m drop set, 90m,80m...down to 10m.</b>	60secs recovery		<b>4x4 60ms with 30secs recovery</b>	4 mins recovery 4 sets.

The Excelsior Sports Training System has these drills and more covered in detail: <http://www.excelsiorgroup.co.uk/page/Excelsior-Sports-Training-System>

If you want your team to run faster contact us on [james@excelsiorgroup.co.uk](mailto:james@excelsiorgroup.co.uk) for information on Speed Coaching